



**Ward 6: HAYES SENIOR WELLNESS CENTER**  
**500K Street NE 202-727-0357**  
**Website: [www.hayesswc.com](http://www.hayesswc.com)**  
**Hours: Monday - Friday 8:00 am to 5:00 pm**

## OCTOBER 2016

Mon	Tue	Wed	Thu	Fri
<b>3</b> 8:30 Open Gym 9-2 Computer Class 10:00 Line Dancing 11:00 Enhance Fitness 11:30-1 Lunch 12:30 "Butts & Guts" 1:00 Strength & Resistance 2:00 Yoga 2:00 Flexibility/Strength/Cardio/Abs 3:30-5 Movie	<b>4</b> 8:30 Open Gym 10-11 Artistic Expression 10:00 "Ms. Fit"ness 11:30-1 Lunch 1-2 The Pound Workout 2-3 Tai Chi 3-4 Hand Dancing 3-5 Memory Club	<b>5</b> 8:30 Open Gym 10-11 Arts & Crafts 10:30 UnitedHealthcare Bingo 11-12 Enhance Fitness 11:30-1 Lunch 11:30 New Member Assessment 12:30 "Butts & Guts" 1-1:30 Nutrition Bingo 1:00 Strength & Resistance 2-3 Yoga 2-4:30 Living Well Workshop 2:00 Flexibility/Strength/Cardio/Abs	<b>6</b> 8:30 Open Gym 9-11:30 Computer Class 10:00 "Ms. Fit"ness 10-1 Roses Department Store Trip 10:45-11:30 Spanish Class 11:30-1 Lunch 1-2 The Pound Workout 2-3 Tai Chi 2-4 Grocery Plus Distribution 3-3:30 Line Dance 4-5 Hand Dancing	<b>7</b> 8:30 Open Gym 10-11:30 Arts & Crafts 11-12 Enhance Fitness 11:30-1 Lunch 12:30 "Butts & Guts" 1-1:30 Nutrition Fact or Fiction Fridays 1:00 Strength & Resistance 2-3 Yoga 2:00 Flexibility/Strength/Cardio/Abs 3-4:30 Taste Budding 3:30-5 Movie
<b>10</b> <b>CENTER CLOSED</b> 	<b>11</b> 8:30 Open Gym 10-11 Artistic Expression 10:00 "Ms. Fit"ness 11:30-1 Lunch 1-2 The Pound Workout 2-3 Tai Chi 3-4 Hand Dancing	<b>12</b> 8:30 Open Gym 10-11 Arts & Crafts 11-12 Enhance Fitness 11:30-1 Lunch 11:30 New Member Assessment 12:30 Town Hall Meeting 12:30 "Butts & Guts" 1:00 Strength & Resistance 2-3 Yoga 2-4:30 Living Well Workshop 2:00 Flexibility/Strength/Cardio/Abs	<b>13</b> 8:30 Open Gym 9-11:30 Computer Class 10:00 "Ms. Fit"ness 10:45-11:30 Spanish Class 11:30-1 Lunch 1-2 The Pound Workout 2-3 Cardio Lite 3-3:30 Line Dance 4-5 Hand Dancing	<b>14</b> 8:30 Open Gym 10-11:30 Arts & Crafts 11-12 Enhance Fitness 11:30-1 Lunch 12:30 "Butts & Guts" 1-1:30 Nutrition Fact or Fiction Fridays 1:00 Strength & Resistance 2-3 Yoga 2:00 Flexibility/Strength/Cardio/Abs 3-4:30 Taste Budding 3:30-5 Movie
<b>17</b> 8:30 Open Gym 9-2 Computer Class 10:00 Line Dancing 11:00 Enhance Fitness 11:30-1 Lunch 12:30 "Butts & Guts" 1:00 Strength & Resistance 2:00 Yoga 2:00 Flexibility/Strength/Cardio/Abs 3:30-5 Movie	<b>18</b> 8:30 Open Gym 10-11 Artistic Expression 10:00 "Ms. Fit"ness 10:30 Seabury ConnectorCard Presentation 11:30-1 Lunch 1-2 The Pound Workout 2-3 Tai Chi 3-4 Hand Dancing 3-5 Memory Club	<b>19</b> 8:30 Open Gym 10-11 Arts & Crafts 11-12 Enhance Fitness 11:30-1 Lunch 11:30 New Member Assessment 12:30 "Butts & Guts" 1:00 Sign Language Class 1-1:30 Nutrition Bingo 2-3 Yoga 2-4:30 Living Well Workshop 2:00 Flexibility/Strength/Cardio/Abs	<b>20</b> 8:30 Open Gym 9-11:30 Computer Class 10:00 "Ms. Fit"ness 10-1 Denny's Trip 10:45-11:30 Spanish Class 11:30-1 Lunch 1-2 The Pound Workout 2-3 Tai Chi 3-3:30 Line Dance 4-5 Hand Dancing	<b>21</b> 8:30 Open Gym 10-11:30 Arts & Crafts 11-12 Enhance Fitness 11:30-1 Lunch 12:30 "Butts & Guts" 1-1:30 Nutrition Fact or Fiction Fridays 1:00 Strength & Resistance 2-3 Yoga 2:00 Flexibility/Strength/Cardio/Abs 3-4:30 Taste Budding 3:30-5 Movie



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<b>24</b> 8:30 Open Gym 9-2 Computer Class 10:00 Line Dancing 11:00 Enhance Fitness <b>11:30-1 Lunch</b> 12:30 "Butts & Gutts" 1:00 Strength & Resistance 2:00 Yoga 2:00 Flexibility/Strength/Cardio/Abs <b>3:30-5 Movie</b>	<b>25</b> 8:30 Open Gym 10-11 Artistic Expression 10:00 "Ms. Fit"ness <b>10-1 Senior Advocacy Presentation</b> <b>11:30-1 Lunch</b> 1-2 The Pound Workout 2-3 Tai Chi 3-4 Hand Dancing <b>3-5 Memory Club</b>	<b>26</b> 8:30 Open Gym 10-11 Arts & Crafts 11-12 Enhance Fitness <b>11:30-1 Lunch</b> 11:30 New Member Assessment 12:30 "Butts & Gutts" 1:00 Strength & Resistance <b>1-1:30 Nutrition Bingo</b> 2-3 Yoga 2:00 Flexibility/Strength/Cardio/Abs	<b>27</b> 8:30 Open Gym <b>9-11:30 Computer Class</b> 10:00 "Ms. Fit"ness <b>11:30-1 Lunch</b> 1-2 The Pound Workout 2-3 Tai Chi 3-3:30 Line Dance 4-5 Hand Dancing	<b>28</b> 8:30 Open Gym 10-11:30 Arts & Crafts 11-12 Enhance Fitness <b>11:30-1 Lunch</b> 12:30 "Butts & Gutts" <b>1-1:30 Nutrition Fact or Fiction Fridays</b> 1:00 Strength & Resistance 2-3 Yoga 2:00 Flexibility/Strength/Cardio/Abs <b>3-4:30 Taste Budding</b>

<b>31</b> 8:30 Open Gym 9-2 Computer Class 10:00 Line Dancing 11:00 Enhance Fitness <b>11:30-1 Lunch</b> 12:30 "Butts & Gutts" 1:00 Strength & Resistance 2:00 Yoga 2:00 Flexibility/Strength/Cardio/Abs <b>3:30-5 Movie</b>
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### 4 Nutrition Tips for a Healthy Fall

Fall brings shorter days, longer nights, cooler weather, and a new menu of seasonal foods to help keep your body balanced and well. The fall harvest is full of antioxidant- and fiber-laden fare from Brussels sprouts and pumpkin to parsnips and persimmons. Incorporate these tips and recipes into your life to boost your health during the autumn months.

#### Reach for Root Vegetables

Most root vegetables are available all year, but they're at their peak from fall to spring. Underground gems such as garlic, onions, ginger, turnips, carrots, sweet potatoes, beets, and parsnips deliver ample flavor and nutrients during the cooler months. Many root vegetables are loaded with folate, which is key for cell growth and metabolism, and beta-carotene, which aids vision and bone growth.

#### Add Anti-Inflammatory Foods

During fall, a host of allergens can conjure sniffles and sneezes, so it's important to pack in anti-inflammatory foods. Seasonal foods high in quercetin, like apples and onions, help block the release of histamines, which are the substances responsible for allergic reactions, according to the *Journal of Allergy and Clinical Immunology*.

#### Frequent Farmers' Markets

Learn more about seasonal produce, connect with your food, and boost your health with a visit to your local farmers' market. Many farmers grow the most nutritious produce possible through sustainable techniques. They pick produce right before the market, and often grow heirloom varieties. The foods available at your local farmers' markets will depend on what grows in your geographic region. As a general guideline, some foods to look for during the fall are apples, cranberries, figs, grapes, pears, persimmons, pomegranates, mushrooms, pumpkins, Brussels sprouts, and leafy greens such as Swiss chard, romaine, kale, and collards.

#### Go for Whole Grains and Seeds

Another optimal food group for fall includes whole, nutritious grains—barley, brown rice, kamut, spelt, teff, farro—or foods that are technically seeds but are used like grains such as amaranth, wild rice, buckwheat (kasha), millet, quinoa. These foods support good nutrition and health with their high levels of B vitamins, which help improve mood, and reduce anxiety, depression, and seasonal affective disorder. Contrary to processed or refined grains, whole, unrefined grains maintain their hunger-reducing fiber and inflammation-fighting vitamin E. Add grains and seeds to stuffing, soups, stews, or salads.

Source: [www.chopra.com](http://www.chopra.com)

### Important Events this Month



- October 4<sup>th</sup> @ 3:00 pm – Memory Club
- October 5<sup>th</sup> @ 10:30 am – UnitedHealthcare Bingo
- October 6<sup>th</sup> @ 10:00 am – Roses Department Store Trip
- October 6<sup>th</sup> @ 2:00 pm – Grocery Plus Distribution
- October 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> @ 2:00 pm – Living Well with Chronic Conditions Workshop
- October 12<sup>th</sup> @ 12:30 pm – Town Hall Meeting
- October 18<sup>th</sup> @ 10:30 am – Seabury ConnectorCard Presentation
- October 18<sup>th</sup> @ 3:00 pm – Memory Club
- October 19<sup>th</sup> @ 1:00 pm – Sign Language Class
- October 20<sup>th</sup> @ 10:00 am – Denny's Trip
- October 25<sup>th</sup> @ 10:00 am – Senior Advocacy Presentation